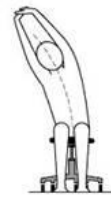

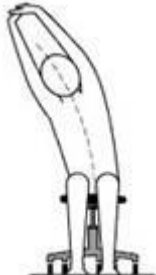


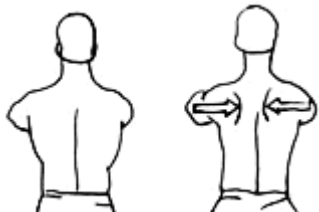


Stop & Take an **ERGO** Break

#5: Back



Here are a number of back exercises that will help stretch muscles that are commonly overworked at an office desk related job. Do not do any stretches that cause pain.

<p>Middle/Upper Back Stretch</p> 	<p>Hold your right arm with your left hand just above the elbow. Gently push your elbow toward your left shoulder. Hold stretch for 10 – 15 sec. Repeat 2 – 3 times on each side.</p>
<p>Back/Side Stretch</p> 	<p>Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right. Hold for 10 – 15 sec. Repeat 2 -3 times on each side.</p>
<p>Back Curl</p> 	<p>Grasp your shin. Lift the leg off the floor. Bend forward (curling your back), and reach your nose to your knee. Hold for 10 – 15 sec. Repeat 2 -3 times on each side.</p>
<p>Eagle Arms</p> 	<p>Sit upright with your feet no further apart than the width of your hips, and flat on the floor directly below your knees. If your feet don't rest flat on the floor, place a folded towel or blanket under them. Extend your arms in front of you. Cross your left bicep over your right bicep. Bend your elbows so that your right forearm catches your left elbow. Twist your right forearm around your left forearm and grab the palm of your left hand with the fingers of your right hand. If you can't reach that far, grasp your left thumb instead. Hold for 10 – 15 sec. Repeat 2 -3 times on each side.</p>
<p>Shoulder Blade Squeeze</p> 	<p>Sit upright on a chair. Keeping your chin tucked in and your chest high, pull your shoulder blades together. Hold for 5 seconds and then relax. Repeat 2 – 3 times.</p>

References: <http://www.ccohs.ca/>, <http://www.mayoclinic.com>, <http://www.safetyoffice.uwaterloo.ca/>